



LUTEIN



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Lutein is a carotenoid, found in dark green leafy vegetables such as spinach, so it is present in our daily diet, but it is necessary to take 6-10 mg per day of lutein to notice its health benefits according to research. (*)

Lutein is one of the two most effective carotenoid against damage induced by free radicals.

Lutein has an important role in the retina and lens of the eye, where it is selectively accumulated and it has been associated with healthy vision and favorable effects related to two- age-related eye diseases: Age related Macular Degeneration (AMD) and Cataract. AMD is the deterioration of the center of retina. The macula is the area of retina responsible for central vision. Poor macular health can cause oxidative stress within the retina leading to loss of vision. AMD is identified when small, round, white-yellow, fatty deposits are in the central part of the retina, and sometimes new blood vessels form. Several studies demonstrate that Lutein reduces the risk of macular degeneration because macular pigmentation is increased and this pigment protects the macula from damaging photo-oxidative effects of blue light. Also, according to research, Lutein increases skin hydration, elasticity and skin lipid content.

Vitae Naturals' Lutein is extracted from *Tagetes erecta* (Marigold). In nature, Lutein occurs in ester form and saponification is used to obtain free lutein. Vitae Naturals offers two products which are suitable for food supplements:

Lutein esters 15%

Lutein 20% in suspension oil

Both forms of lutein have excellent bioavailability, however lutein esters are hydrolyzed (cleaved) prior to absorption, and only the free lutein is absorbed and appears in blood.

We make tailor made formulations upon customers requests such as water dispersible and mixes with other synergic ingredients.

*REFERENCES

“Research suggests 10 mg of lutein from food or dietary supplements, may play a role in maintaining healthy skin”

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“Supplementation with lutein increase significantly the density of the macular pigment”.

Berendschott TT et al, *Influence of lutein supplementation on macular pigment, assessed with two objective techniques*. Invest Ophthalmol Vis Sci 41:3322-3326, 2000.

“Increasing doses of lutein supplements significantly increase the serum levels of lutein and zeaxanthin, and doses up to 10 mg were safely administered”

Rosenthal JM et al, *Dose-ranging study of lutein supplementation in persons aged 60 years or older*. Invest Ophthalmol Vis Sci 47:5227-33, 2006



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